

# HOW TO CHOOSE THE RIGHT RUNNING SHOE FOR YOU

Whether you run marathons, 5Ks or a 30-minute loop around your neighborhood for exercise, wearing the proper running shoe will help you ward off a variety of foot problems that can lead to injury or hinder performance.

The first step is to know what type of foot arch you have as this will determine the amount of support you'll need in a running shoe. Typically, feet are categorized into three types: low/flat arch, normal arch, and high arch. Follow this chart to see what type of arch you have and which running shoe fits your foot type.

For feet with low arches: Choose a supportive shoe that is designed for stability and motion control. These shoes help to correct for overpronation, which occurs as the foot rolls inwards and the arch of the foot flattens. For feet with normal arches: Choose a shoe with equal amounts of stability and cushioning to help absorb shock.

For feet with high arches: Choose a cushioned running shoe with a softer midsole and more flexibility. This will compensate for the poor shock absorption of a high-arched foot.



## If the Shoe Fits

Now that you've figured out your foot type, it's time to go shopping. It is very important to shop at a running store that has a good reputation. Keep the following tips in mind as you make your selection and after you make your purchase:

- Always try on both shoes.
- At the store, go outside and run up and down the block several times as this is the only way to experience what running will feel like while wearing the shoes.
- Keep the shoe on your foot for about 10 minutes to make sure that it remains comfortable. Make sure that nothing pinches and that you like the feel of the shoe and your stride.
- Your first run with your new shoes should be an easier run, e.g. 3 miles will be a sufficient run to test them out.
- Keep your runs short and easy for the first 100 miles spent in the shoe
- Don't ever wear a brand new shoe in a marathon.